

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



COIFFURES FOR FORMAL OCCASIONS

WITH the turn of fashion's wheel the coiffure for formal occasions changes also. It is not necessary to discuss whether the hat makes the coiffure, or vice versa; all that you and I are interested in just now is the new tendencies. From the group of pictures before you any woman should choose one style that is becoming and perfect it for the coming season.

You can see at a glance that there are waves and soft tendrils in the newest hairdressing, but vastly different are these from the stiff hair-breaking artificial waving of a few years ago. The natural softness of well-kept hair is the thing, and rolls or puffs that our cartoonists term sausages are things of the past.

In the arrangement with the round flowerlike ornament at one side there are coils and coils of soft braids placed at the back and top of the head. This coiffure is excellent for long hair. Braid the strands loosely and wind around the head, pulling the coils apart and pinning in place. The front is a soft, waving fringe, and the nape of the neck is quite free from any hair.

Young girls, even on the most formal

occasions, should aim at simplicity. So many of our young readers do not know what to do with the back of the hair that I have had pictured an arrangement that is becoming to every one.

The hair is drawn back and arranged in soft coils above the nape of the neck. The greatest width of the coiffure is at the sides, and in this case the front is parted. As a final touch the butterfly bow of gauze ribbon with a jeweled border will give ornament and hold any stray hairs up from the nape of the neck.

Puffs covering the top and back of the head and held high up from the neck by a tight bandeau are shown in another model. Remember that the puffs of hair must be soft coils rather than hard shiny rolls. The coiffure in this instance is quite flat at the sides of the head.

A soft wavy coiffure that conforms to the shape of the head and rejoices in a soft knot at the back is shown under the jeweled band. The hair is parted at one side and rolled back over the ears, a wave being allowed to fall over the forehead. The bandeau is a succession of gauze flowers and pearl cabochons or disks. It encircles the head, clasping at the side under a larger form.

The quaint arrangement of soft curls

at the side is reminiscent of older times. This is particularly adapted to short hair or to women who rejoice in natural curls. The hair is parted in front and arranged high on the head in three or four puffs. A black velvet band is passed through the hair and is the only appropriate adornment of this type of coiffure. The Parisians are adopting this style with enthusiasm.

It is, however, becoming to a childish type of face and must be worn with the attractive, piquant air that not many possess.

Last of all, the coiffure that is Grecian in tendency is shown for a woman who is the fortunate possessor of regular features. The comparatively unwaved strands are drawn loosely back from a part at the front and one portion reserved for the band around the head. The rest is coiled into puffs at the back, and the whole mass is raised and held out from the head by the strand as the last touch.

Natural arrangements are, after all, the best, aren't they? Remember that even artificially waved hair must be soft and loose, and that all ornaments must be reserved for formal occasions. So if you are going to the opera, a dinner or a formal wedding, here is one coiffure, at least, that should suit you.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends
to bring to her, they Social
Bodily and Physically
by letter at any time

WEDDING INVITATIONS

IF YOU are slightly in doubt with regard to the accepted rules of wedding invitations, let me point them out to you, for October is here, and the sounds of the wedding bells ring out on the crisp autumn air.

You should select a first-class stationer at whose table you will be shown a variety of styles of cards, and a list of prices that should be within the reach of every one. The bride-to-be makes all arrangements about the invitations, adding a list of her fiancé's friends and relatives to her own.

White paper, unglazed, is always acceptable. The letters may be script or print, and there should be two envelopes with each invitation. One of these is used for the name of the person addressed and the other for the name of the bride. The outer envelope is for the address and should be treated as any ordinary letter. It is not considered good form to make a single invitation good for an entire household. No economical devices should be used in matters pertaining to wedding invitations.

If the entire household is bidden to the wedding, one invitation is sent to "Mr. and Mrs. James Brown and family." "The Misses Brown" and one to the "Messrs. Brown." Never address an envelope "Mr. and Mrs. Brown and family."

For a church invitation the accepted wording runs as follows:

Mr. and Mrs. Robert Gray
request the honor of your presence
at the marriage of their daughter
Jane
to
Mr. Theodore Allen
on Monday afternoon, October the sixth
at four o'clock
Saint James Church
New York.

Invitations should be issued not sooner than a month or later than fifteen days before the event.

A bride who is an orphan issues her invitation in the name of one of her nearest relatives. Her older sister, unless she is married, is excepted. If a woman has no relatives, and is to be married at the house of a friend, then the friend's name is given. The invitation is slightly changed. It reads thus:

The pleasure of your company is requested
at the marriage of
Miss Adele Warren
to
Mr. Louis Randall
on Monday, November the fifth
at half-past four o'clock
at the residence of
Mr. and Mrs. James Fields
Fifth and Grand avenues
New York.

If a bride has a stepfather, there is no great difference made. Her mother and stepfather issue the invitation, but the bride's entire name is given.

Second marriages puzzle people. Cards of invitation take the same form. They are issued in the name of the nearest relative. This is the form in use:

Mr. and Mrs. John Brown
request the honor of your presence
at the marriage of their daughter
Mrs. Eleanor Ray Stevens
to
Mr. Edwin Carson, etc.

Have I made it plain? I hope so. The rules are quite simple, and the accepted forms are available at all department stores where you will place your order.

SOLUTIONS TO SOCIAL PROBLEMS

Telephone Calls

DEAR Mrs. Adams:
1. Do you consider it improper for a girl to call a young man up on the telephone and invite him to her home?
2. Is it proper for a young girl to offer to pay her own carfare when she meets a friend accidentally on the way?
3. Is it proper for a young lady to go before or after a gentleman where the stairs?
4. It would be better for her to write a little note inviting a young man to call on her.
5. Yes; she should not allow him to pay the carfare under such circumstances.
6. She should precede the man.

Birthday Party

DEAR Mrs. Adams:
I am going to give my little daughter a party in honor of her fifth birthday. Will you please tell me what would be nice in the way of games for the children to play?
ROSE

Little children love to play the games I am about to suggest: "London Bridge is Falling Down," "Blind Man's Bluff," "The Farmer and the Hussy," "A Corn of Wheat," and any games in which each is blindfolded and allowed to pin something on a large chart hung on the wall—the feathers on a rooster, the tail on a donkey and so on. Little prizes may be awarded.

To Show Appreciation

DEAR Mrs. Adams:
I am a girl of 16 and am a dear lover of company of both sexes, but my father has positively forbidden me to have any company whatever. I have entertained twice in my life, but greatly against my father's wishes. I think I have as many

friends among the boys and girls as any girl of my age. Now, tell me what I can do to show that I appreciate their friendship, though I cannot invite them to my home. My father says I may have company when I finish school, but I am inclined to think it will be the same then.

PERPLEXED GIRL

If they are true friends they will understand the situation and know by your actions when in company with them that you appreciate their friendship. I am sure your father will allow you to entertain when the strain of studying is over.

When Engaged

DEAR Mrs. Adams:
Is it proper for a young woman who is engaged to be married to write to her friends?
Y. Z.

It is not improper if her fiancé does not object to her doing so. However, this sometimes causes "little rifts" within the love, and you must be guided by the nature of the man to whom you are engaged. If he is jealous, I advise that you curtail your correspondence.

Never Met Her Mother

DEAR Mrs. Adams:
1. Is it wrong for a boy to call on a girl if he has never met her mother?
2. How should a girl introduce her mother to a boy when he is calling on her?
3. When a boy is calling on a girl what should he say when he is leaving and who should say it?
4. How often should a boy call on a girl?
5. How late should he call on her?
6. Is it quite proper for him to do so, because it is about the only opportunity he may have for meeting the girl's mother?
7. A very good form to use is, "Mother, I want you to meet Mr. Blank." Less

formality is required when introducing one's relatives.

2. There is no set term of words or phrases to be used when departing. A "good night" and a few words from the guest, expressing his enjoyment of the pleasant time spent, are in good order.

4. A young man should not make himself too conspicuous by his frequent calls at a friend's home. Ten thirty or eleven o'clock is late enough for the young man to remain.

Letter Unmailed

DEAR Mrs. Adams:
I am a young man 19 years of age. Three years ago I went to school with a young woman about my age. Shortly after school closed for the summer she moved and I did not see her. I wrote and asked if I might call on her, but as yet have received no answer. Through a friend I heard she had written, but forgot to mail the letter, and now is ashamed to because so much time has elapsed. Do you advise me to call on her or write another note?

Do not call on her until you have written and gained permission to do so.

Another Cry for Help

DEAR Mrs. Adams:
I am a young girl of 18, and am a constant reader of your page. I am deeply interested in the "Lonely Girl" whose letter appeared some time ago, as my case is almost identical. About two years ago I traveled with a girl of bad reputation. I came from an excellent family and had been led wrong by other girls. No one could lead me astray. I decided to undertake a pilgrimage on the straight path. I succeeded in doing so only to my own good name. Gossiping people led others to believe wrong of me, and I am continually quarreling with them. I cannot explain how miserable I am, and I shall be driven from home. Is there any possible way of your helping me?

HEARTBROKEN.

It is too bad you cannot agree with your family. Are you sure you try to bear with them and are not too hasty or quick tempered? They may be better able to understand you if you will be amiable and listen to what they have to say. I think my reply to the "Lonely Girl" will apply to you, and I shall be very glad to receive your name and address and ask permission to send it to other readers who will communicate with you and offer kind words of advice.

Young Lovers

DEAR Mrs. Adams:
I am a young lady of 18 and would like very much to know if it is proper for me to go with a young man younger than myself. I like him, but other girls think he is too young for me.

On my return home from a party a few nights ago I stood at the gate and was talking with the young man referred to. He walked in the house and never said good night. I am sure he is a very good boy, but I am not sure I should like to have him as my best friend, and I love him very much.

G. D.

You are too young to be bothering yourself about the ages of your boy or girl. Every girl should have friends of various ages, for they are all interesting and there is something to be learned from each one.

The apology should come from him. If a chaperon had accompanied you there would have been no opportunity for such familiarity.

How to Order

DEAR Mrs. Adams:
What is the proper way for a young woman to order when a man takes her to a hotel for dinner?
M. A. H.

Is it proper for a woman to accept a ring from a man if they are not engaged to be married?

A man usually consults his companion about the menu and gives the order accordingly.

A woman should accept no jewelry from a man unless she is engaged to him.

ANSWERS TO BEAUTY QUERIES

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Kidneys Are Weak
DEAR Mrs. Adams:
Will you please tell me a cure for weak kidneys?
ATLANTA

Trouble of the nature to which you refer should be treated by a physician before it becomes serious.

May Grow More
DEAR Mrs. Adams:
I am 17 years old and am only 5 feet 2 inches tall. Do you suppose I will grow any taller? What can I do to increase my height?
Is castor oil good for dandruff and will it stop the falling out of my hair? How is it to be used?
Is there nothing that will permanently remove a slight growth of hair on the lip except the electric needle? Is the needle very painful, and does it disfigure the face?

There are many persons who do not stop growing until they are 29 years old or more. Stretching exercises will help you to make the most of your height.

Castor oil is excellent for removing dandruff and for preventing falling hair. A medicine dropper is about the best thing to use when applying the oil to

the scalp, but to rub it into the scalp the tips of the fingers must be used. The electric needle is the only permanent cure for superfluous hairs. The operation is not very painful, and is performed by a reliable person no scars will result.

Care of the Hands

DEAR Mrs. Adams:
1. Can you give me a prescription for red hands?
2. Is there anything that will make my hands perspire more? BEAUTY

1. I think the cosmetic glove paste will improve the condition of your hands, so I am giving the recipe and directions for it.

To Make Cosmetic Gloves

Use soft, large, leather gloves, three or four sizes too large. Rip them open and spread the inside with the following preparation, then sew the dipped seam up.

Cosmetic Glove Paste
Ground barley, the white of an egg, a teaspoonful of glycerin and 1 ounce of honey.

2. Instead of inducing the hands to perspire you should try to make the whole body perspire freely by drinking plenty of water between meals and exercising. If your hands are too dry, the above recipe will help them.

Hair Arrangement

DEAR Mrs. Adams:
Would you kindly inform me as to a becoming way of fixing the hair for girls between 14 and 15 years of age? Have been wearing it parted in the middle, a roll at each side, and two braids, but we are tired of this style.
G. D. H.

First of all let me say that the hair should be arranged in the manner most becoming to the features. You must

vary the styles by parting the hair on the side or wearing it in a soft pompadour, and having one braid in the back tied at top or bottom with a ribbon. See my article today for further instructions.

Celandine Leaves

DEAR Mrs. Adams:
Will you please advise me how to use celandine leaves for superfluous hair? How soon will the hair grow again? Is the electric needle the only permanent cure? The pores of my skin are very large, and I am troubled with blackheads, which often lead to pimples when I squeeze them out. How can I overcome them? ANXIOUS

To make a depilatory, take 1 ounce of leaves to 1 pint of hot water, and apply to the hairy surface in a poultice form. I cannot just say when the hairs will return, but return they will, and thicker and coarser than ever. If you can afford the operation, I advise you to have the hair removed by electricity, so that you may be rid of them forever.

If your pores are large, you should never use powder on your face, for they will become clogged and filled with blackheads. The following treatment is recommended for curing large pores and blackheads. Steam the face by applying towels wrung from hot water. Dry carefully and apply a thick layer of cold cream. Allow this to remain for ten minutes, then wipe off with a soft cloth and apply pure eau de Cologne. Put on astringent and wipe off with another piece of muslin, using strong pressure. Repeat the process every night until all blackheads have disappeared.

A Large Nose

DEAR Mrs. Adams:
I would be pleased to have you let me know a speedy cure for an enlarged nose. My nose is not naturally large, but through neglect it has increased in size. I also have a number of blackheads and pimples. If you would please let me know a simple cure for them I would be very thankful.
W. C. B.

I do not know how one may decrease the size of one's nose. There are dermatologists who claim that they can perform such an operation, and I am sure that the operator is a competent person before submitting one's self. It is hardly possible that your nose has grown large through neglect.

I am giving the recipe for blackhead and pimple cure.

Green Soap Treatment for Blackheads

Tincture of green soap..... 2 ounces
Distilled witch hazel..... 2 ounces

Let this mixture stay on only a few moments, then wash with cold water.

If the green soap irritates the skin, as it sometimes will, use it every other day.

Apply a cold cream.

Green soap may be purchased at any drug store. It is in the shape of a bar, but it is about the consistency of custard.

Open each side with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty space then should be rubbed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the needle is thoroughly cleaned, is always dangerous.

Fosatti Cream for Pimples

Extract of violet..... 15 drops
Sweet almond oil..... 15 grains
Sulphur precipitate..... 75 grains
Lanolin..... 75 grains
Oxide of zinc..... 2 scruples

To Gain Strength, Etc.

DEAR Mrs. Adams:
Will you kindly tell me the best way to gain strength and make home? Also, what will make a young man tall? H. T.

If there is any possible way I could make my lips large, as they are very thin?

Whiteheads, which are seed acne, are caused by pores being unable to perform their functions. They should be bathed with hot water and dried carefully, then a cold cream should be massaged into the skin and allowed to remain on for five or ten minutes and removed with a soft cloth.

It is never advisable to enlarge the lips. Small lips are a mark of refinement.

Whiteheads

DEAR Mrs. Adams:
Will you please tell me the cause of whiteheads forming on the nose, and should they be pressed out or not?
What can I do for a brown neck? PAY

Whiteheads, which are seed acne, are caused by pores being unable to perform their functions. They should be bathed with hot water and dried carefully, then a cold cream should be massaged into the skin and allowed to remain on for five or ten minutes and removed with a soft cloth.

It is never advisable to enlarge the lips. Small lips are a mark of refinement.

ment, and every one craves to own them.

Slices of cucumber tied around the neck at night will whiten the skin.

Effects of Deep Breathing

DEAR Mrs. Adams:
I have noticed in your columns you recommend deep breathing to expand the chest. When I take a few deep breaths I begin to feel dizzy. Will you please tell me why this is and how to remedy it.

APPEALATIVE

The fact that deep breathing has this effect on you proves that you have not been inhaling fresh air properly and are greatly in need of forming the habit. I think if you will sit down by an open window or out in the open air while you are taking the deep breaths you will not be made dizzy.

Vermis in the Head

DEAR Mrs. Adams:
Kindly tell me how to get rid of vermin in the head. I am very anxious to get a quick and safe destroyer.

F. C. G.

To remove the vermin, apply spirits of turpentine to the head at night. The camphor will not stain the bedding. Wash the head in alcohol is another quick and safe destroyer.

Large Pores

DEAR Mrs. Adams:
Will you kindly advise me what I can do to get rid of large pores and pimples? I am not subject to pimples, but of late my face has been breaking out. My skin also is rough. What can I do?

Is there any way of having the hair removed permanently? I would like to keep my hair curled during damp weather without injuring it. ANXIOUS

Here is a recipe for lotion for enlarged pores which should be applied after bathing and drying the face.

Boric acid..... 1 dram
Distilled witch hazel..... 4 ounces

Apply with a piece of old linen or a bit of absorbent cotton.

Bathe the pimples with hot water and dry thoroughly; then apply the cream for which I am giving the recipe.

I have never heard of anything which will curl hair permanently. I keep the hair in curl for a time using the fluid which is made of a table-spoonful of turpentine mixed with a pint of hot water. The water is poured over the seeds and the whole allowed to stand for several hours. The resultant mucilage may then be thinned with a few drops of essence of violet. The hair is moistened with the fluid before curling.

Not a Darkener

DEAR Mrs. Adams:
Will you kindly tell me if cocoa butter will darken the eyebrows? Will it hurt the eyes if it is on the lashes?

W. C. B.

Cocoa butter will not darken the eyebrows nor the eyelashes. The eyebrow pencil is best for this purpose.

Bust is Large

DEAR Mrs. Adams:
Please tell me what will reduce my bust, as mine is very large. I have heard that blackstrap molasses would do it, and still I do not reduce any. Would like to get some kind of rubbing remedy. C. Z. G.

Diet and exercise are the best and safest methods for reducing the bust. Possibly you have not kept up the practice long enough. A "rubbing remedy" would not be advisable, for the friction may cause the bust to increase in size.

Feet Perspire

DEAR Mrs. Adams:
Do you know of any remedy for feet perspiring? It is very annoying. When I take off my shoes the trouble ceases and there is a bad odor. This trouble is not the result of a lack of water.

A READER

It may be that you wear too heavy shoes. Get a pair of shoes made of thin soft leather and see if they do not make a difference. Bathe the feet in tepid water every night, dry thoroughly and then rub them with sub-nitrate of bismuth and talcum powder. A little of the powder may be dusted into the shoes and stockings before putting them on in the morning.

Desires a Hair Bleach

DEAR Mrs. Adams:
Will you please publish a good recipe for bleaching an hair which is naturally dark? In any way? My hair is not dark, but has sunken out until it will not assume its natural color.

The only way to bleach the hair successfully is to have a hairdresser do the work. The amateur usually meets with sad results. Peroxide of hydrogen and water, equal parts, are generally successful. The hair must be absolutely dry before applying the mixture to the roots, and, of course, the action of sunlight enlivens the bleaching process. I do not approve of bleaching the hair for once begun it must be continued. It is always apparent.

Peroxide and Ammonia

DEAR Mrs. Adams:
1. Will peroxide and ammonia remove superfluous hair?
2. My eyebrows are thick and will not lie straight. Can you suggest a remedy?
3. I wear my hair in a pompadour, pulled a little on the sides, braided down my back and tied with a large ribbon at the neck. Is that the style for a 14-year-old girl?
ANNIE LAVELLE

1. The mixture will bleach the hair and in time kill the roots, but the process is very slow.

2. Rub vaseline into your eyebrows and then brush them into place.

3. Yes, if it is becoming.